

# Student Minds Men's Mental Health Podcaster

Student Minds, the UK's student mental health charity, are looking for volunteers who are male and/or identify as men, who are interested in giving their time to impact the wellbeing of men who are studying in higher education through the [Men's Mental Health Project](#).

Join a group of creative students who are committed to raising awareness of men's and male mental health experiences through podcasting.

Volunteering as a podcaster offers you a unique opportunity to improve on and apply skills, such as confidence in speaking to diverse audiences, enabling and facilitating conversations on a range of topics; managing deadlines whilst being adaptable. These skills are essential to graduate life, and this is an exciting chance for you to develop both personally and professionally, whilst supporting others.

## **Role summary:**

To provide a safe, non-judgemental podcast series for your students, and possibly the wider public, to listen. The role does not involve providing advice or counselling to other students, and volunteers are not expected to have any prior experience in podcasting/radio. You must be male and/or identify as a man to fill this role.

## **Time and training commitment:**

- To volunteer, you must attend online training that will last approximately 12 hours over 6 weeks, between October and November.
- Minimum 10 hours a month volunteering, spread between advertising and recording the podcast, and online meetings with other volunteers.
- Must be able to commit to podcasting for one full academic year.

## **Desired attributes/skills:**

- Empathetic, non-judgemental and respectful
- Open-mindedness and willingness to learn
- Commitment to the role
- Strong listening and verbal communication skills
- Ability to work effectively both independently and in a team
- Good time management skills and ability to prioritise
- Good organisational skills
- Enthusiasm for leadership tasks and responsibilities
- Ability to take initiative and engage in problem solving
- Ability to give and receive feedback

## **Responsibilities and requirements:**

- Record and run a podcast series focussed on the subject of men's mental health.
- Publicise and promote the podcast in a variety of ways, including using publicity materials, managing social media accounts.
- Liaising with University staff/SU staff/existing student groups and societies to promote the podcast.
- Manage logistics of the podcast, including booking rooms where appropriate, collecting feedback from listeners, and organising and attending team meetings.
- Maintain contact with Student Minds, providing any listener-data and feedback.

- Be an ambassador for Student Minds.

#### **Benefits of becoming a podcaster:**

- Part of the Student Minds volunteer network, and the men's mental health committee
- Good practice and experience for future career
- Develop knowledge of mental health
- Develop leadership skills
- Intensive and thorough training
- Gain experience of effective remote working
- Networking with other university students
- Ongoing support from Student Minds
- Gain professional skills and experience

#### **What support will I receive?**

- A personalised Volunteer Development Plan - the Program Officer will work with you to identify key skills you would like to work on, and you will leave your role with access to a document filled with practical examples of these skills, which you can show employers.
- Access to all of our online resources including e-learning, how-to guides, templates, downloadable event packs and more.
- Advice and guidance from a Student Minds staff member. We're on hand to support you with the running of the podcast.
- A personalised Student Minds group logo and access to a Student Minds email address for communications.

#### **Is this the right opportunity for me?**

Our number one priority is the wellbeing of our volunteers, so we encourage all students to think carefully about whether now is the right time to take on this type of volunteering opportunity.

We do not encourage students with acute mental health difficulties to take on the responsibilities of a volunteer. We use the word acute to refer to difficulties that have a substantial impact on your quality of life and/or capacity to engage in your university education.

- If you're unsure whether the volunteering is suitable for you, please get in touch [volunteer@studentminds.org.uk](mailto:volunteer@studentminds.org.uk)
- Take a look at our 'Student Volunteering' page for other opportunities you may be interested in getting involved with.

*Have any questions about the application process or need reasonable adjustments made? Please contact [access@studentminds.org.uk](mailto:access@studentminds.org.uk). We are inclusive and encouraging of all students who want to volunteer, and in particular welcome BAME, LGBTQ+ and disabled applicants.*